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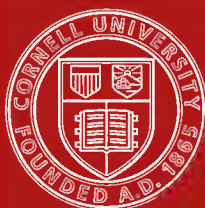
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Eggs; what the grades mean to the consume



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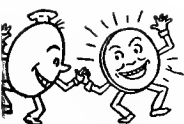


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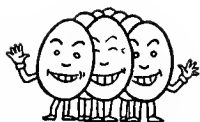
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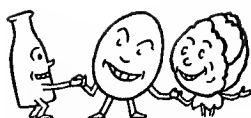
They Are Economical



They Are Plentiful



They Are Rich in
Vitamin D



They Combine Well
With Other Foods

EGGS

What the Grades Mean to
the Consumer

and

Recipes Including Their Use

STATE OF NEW YORK
DEPARTMENT OF AGRICULTURE AND MARKETS
PETER G. TEN EYCK
COMMISSIONER



They Are Easy to
Prepare



They Build Up
Resistance



They Are Rich in
Organic Iron



They Can Be Served
a Thousand Ways

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EGGS

WHAT GRADES MEAN TO THE CONSUMER

The State of New York has established many rules and regulations to protect the consumer in regard to the quality and wholesomeness of his purchases, but perhaps none of them so closely touches the average family, outside of those regulating the milk supply, as those covering the grading of eggs and guarding the purchaser against unfit eggs.

In past years, it was the unfortunate experience of many cake-making housewives to break and discard one egg after another in vain search for the thick white and firm up-standing yolk which proclaims the fresh product. And who among the older generation cannot remember the chance one took on the breakfast egg when cooked in the shell? Boiled eggs in those days were more or less of an adventure.

Those days are gone. The law forbidding the sale of inedible eggs, and requiring that eggs offered for sale must be graded as to freshness, quality, and food value, and plainly marked by grades for the guidance of the purchaser, has made it possible for the housewife to know exactly what she is buying; and, better still, has given her grounds for redress if eggs do not come up to specifications. Of course, in order to profit by these laws, one must know what they are and must use them.

To begin with, the law absolutely forbids the sale of inedible eggs—those that are unwholesome or otherwise unfit for food. The law requires that any person offering for sale to consumers, eggs other than those of his own production, must have the cartons plainly and conspicuously marked in printing or writing, to show the exact grades. Eggs sold in bulk, such as baskets or containers on store counters, must have the grade marked on placards near them, in letters not less than three-eighths inch in height.

Eggs are graded on the basis of quality and condition determined by a process called "candling." This consists in an examination of the yolk and white of the egg by holding the egg between the eye and a very, powerful electric light. The latter has taken the place of the candle formerly used, which gave the process its name. There are four grades—Fancy, Grade A, Grade B, and Grade C. Fancy and Grade A eggs are those of the highest quality, in respect to freshness, firmness, color and flavor. Previous to the establishment of the grades, the term "fresh" was a very elastic one, and covered almost any eggs the dealer had for sale. Today the term is legally restricted, and can be used only in describing the eggs belonging to the highest grades. Fancy and Grade A, which are not more than thirty days old. These are the eggs of highest quality for eating raw or cooked.

Grade B eggs are good edible eggs, especially for cooking. This grade corresponds generally to Grade B milk.

Grade C is, of course, the lowest grade, but they still are edible.

The egg grades were primarily established for the protection of the buyer-consumer. They establish standards under which the consumer can buy eggs and to which the consumer can refer and hold the seller.

Besides quality standards, weight and size of eggs is a factor in the retail grades. The regulations governing the sale of eggs provide as follows in regard to weight and size:

The term "small" *must* be applied to any lot of eggs weighing at the rate of less than 20½ ounces per dozen.

The term "large" *shall not* be applied unless the eggs weigh at the rate of not less than 24 ounces per dozen.

The term "medium size" *shall not* be applied unless the eggs weigh at the rate of not less than 20½ ounces per dozen.

The state does much inspection work to maintain these standards, but a thinking person can readily understand how impossible it is to maintain an inspection force sufficiently large to supervise the approximately sixty-five thousand retail stores selling eggs to the public.

There is a difference in price between graded and ungraded eggs of from nine to three cents a dozen, showing recognition of the value of the grading law. This advantage in price which is paid for graded eggs can be secured by the producer. Eggs newly laid and brought in and cooled promptly will usually meet the requirements for Fancy Grade or Grade A. If candled to discover and eliminate eggs containing blood clots, they will nearly always be Fancy Grade or Grade A. Eggs, like butter or any other perishable food, should be held under refrigeration.

If each one of our readers would observe whether or not the retailer from whom she buys is marking and selling eggs by grade, would insist on being supplied with eggs according to grade, and would consistently return those falling short of grade, she would do much toward helping in the work and in protecting consumers and honest dealers. If at any time proper replacement of undesirable eggs or compliance with the grading law is refused, a postal card to this office will bring the necessary action to do away with such unfair practices. So, do your part and help the state maintain its standards.

IMPORTANCE OF EGGS IN THE DIET

From a dietetic standpoint, there is only one food product more essential to health and well-being than eggs, and that is milk. We speak of milk as the food nearest perfect for nutrition, growth and health. Eggs contain the elements which are lacking in milk, and are, therefore, the natural supplement to milk.

Milk contains calcium more plentifully than do other foods, also vitamins and protein, but it is lacking in vitamin D, and in some of the minerals, especially iron. Eggs are undoubtedly one of the best sources of iron, protein, and vitamins A and D. They also contain phosphorus and some lime or calcium. The white of the egg is rich in protein, but the yolk contains the greater part of the minerals and vitamins.

Of all the vitamins, D is most lacking in foods. It is present in sunshine, but the body must be exposed to the direct rays of the sun. When sunshine is not available, or is insufficient, as during the winter months, the deficiency must be made up in the diet, and egg yolk is one of the best natural sources of this vitamin.

Dietitians of today recommend that the diet of babies over six months should include an egg yolk a day. They also tell us that every individual over two years old should have one egg a day.

From the point of view of food value the yolk is the most important part of the egg. One egg yolk yields only fifty-four calories, yet this small sunny globe supplies about 10 per cent of the day's iron requirement, 8 per cent of the day's protein, and 5 per cent of the calcium and phosphorus, as well as a rich supply of the sunshine vitamin D and the growth-promoting vitamin A, thus helping to insure good muscle, red blood, and strong bones and teeth.

The iron in egg is an especially valuable form and cannot be replaced by the iron of medicines and mineral waters. Dr. H. C. Sherman of Columbia University has said that "medicinal iron may stimulate the bloodmaking organs of the body, but food iron is required to furnish the elements of which blood is made." Eggs contains this "food iron" in large quantities.

Yolks vary in color from palest yellow to deep orange, depending on the feed the hen is given. The color of the yolk has nothing whatever to do with the color of the shell. The more of the vitamin-rich green feeds the hen has eaten, the deeper is the color of her egg yolks. It is also a well-known fact that the proper feeding of the hens has much to do with the flavor and palatability of the eggs they produce.

A fresh egg is undoubtedly one of the most sanitary of foods. In ancient times, it was venerated as the symbol of life, and rightly so, for it contains all the elements necessary to nourish life—minerals, vitamins, fats and proteins, all enclosed in a sealed shell and delivered to you in the original package.

To be most completely useful and palatable, eggs should be fresh. It stands to reason that eggs brought from far away states cannot be in the first bloom of youth, but the New York State housewife does not need to depend upon these. In New York State there are many specialized egg-producing plants in areas surrounding each of our cities, both in the metropolitan area and upstate, where the poultry is fed and cared for according to rules recommended by the New York State College of Agriculture. Eggs from these farms are gathered several times a day. They are cooled immediately and because of close proximity are marketed so quickly that they reach the consumer practically within thirty-six hours from the time of their production.

EGGS IN COOKERY

Eggs can be used in any number of attractive ways. Piquant canapes for the first courses, egg soup, eggs deviled, creamed or au gratin, egg salad, custards, soufflés, faintly flavored with the burning rum in which they are bathed, meringues, ice creams—all or any part of a dinner eggs will provide. And egg nogs alone or with sherry wine for the sick and delicate in health furnish necessary nourishment.

As has been said, from the point of view of food value the yolk is the most important part of the egg. Yolks of eggs may be substituted in many recipes which call for whole eggs. Especially where high temperatures are necessary in cooking, as in fried cakes and pancakes, using the yolk of the egg makes a much more tender product than when the whole egg is used. This is due to the fact that the high cooking temperature toughens the egg white but not the yolk.

In using the yolks in this way, three yolks are substituted for each egg, and for each extra egg yolk used, one teaspoon of fat is deducted from the amount of fat called for in the recipe. This is done because each egg yolk contains about one teaspoon of fat.

The important part that the yolk may play in cookery is set forth in the following paragraphs quoted from the *U. S. Egg and Poultry Magazine* for December, 1935:

"Egg yolk cannot do all of the things egg white does in cookery, but it can do some others that egg white cannot do. For one thing, it can take the place of whole eggs in a number of dishes.

"Egg yolk, when beaten, makes a good foam, entrapping air to give lightness and delicacy to cakes and cookies. It does not become quite so fluffy as beaten egg white, nor does it increase its volume to the same degree. But egg yolk is much better than egg white for making mayonnaise and Hollandaise sauce, and it gives rich smoothness to custards and cream fillings.

"Egg yolk whips up to the best foam for cake making if the yolks are slightly warm. An easy way to warm them is to set the bowl in which the yolks are beaten into a smaller bowl which contains hot water. The yolks must not be allowed to become so warm that they cook. This warming of the yolks is particularly desirable when sugar is beaten into them, for sugar dissolves much more quickly in warm than in cold yolks, just as it dissolves more quickly in warm than in cold water.

"Covering the uncooked yolks with a thin layer of cold water before putting them, in a covered container, into the refrigerator is a good way to keep them in uncooked form. It is difficult to prevent a slight drying out of the surface when egg yolk is stored uncooked. Hard cooking left-over egg yolks is a good way to prevent them from drying out.

"An easy way to hard cook egg yolks is this: Bring water to a boil in a covered saucepan. As soon as the water boils, drop in the yolks, one by one, cover, reduce the heat and let the water simmer for 15 minutes. Cool. Hard cooked yolks may be used at once or they may be stored in a covered container in the refrigerator. They make excellent sandwiches, colorful and nutritious salad ingredients or garnish, and they may be used as the foundation of a large number of unusual and delightful entrees.

"Convenient measures to remember about egg yolks are these :

- 1 egg yolk emulsifies 1 cupful of oil for mayonnaise.
- 2 egg yolks thicken 1 cupful of milk for custard.
- 7 to 8 egg yolks measure $\frac{1}{2}$ cupful.
- 14 to 16 egg yolks measure 1 cupful.

"One left-over egg yolk scarcely presents a problem. Stirred into a glass of milk, it contributes its supply of iron to that already excellent food-beverage. Or it may be added to a little milk to make the 'dip' for French toast. A few of the many other uses for one egg yolk are: Add to white sauce or cream soup for rich, creamy flavor and color; add to pancake batter; make chocolate frosting for cake or cookies; make butter cream icing to fill between graham cracker sandwiches." (See recipe, p. 7.)

RECIPES

Angel Food

The art of making angel food consists first of all in beating the white of the egg until very light. Beating with a large wire whip is most satisfactory but a mechanical beater may be used, though the cake is apt to be smaller due to less air retained. The powdered or fine granulated sugar and pastry flour used in making angel food are folded in carefully so as not to lose the air from the white. Once the art is learned, it is easy to make an angel food successfully if one can regulate the oven to a temperature not over 310 degrees F. while the cake is being baked.

In angel food the addition of cream of tartar to the whites not only increases its power to stretch and therefore make a larger bulk in beating, but also whitens the product and changes the flavor from decidedly alkaline to neutral or slightly acid. Cream of tartar is always used in making angel food, though other powdered acids may be used.

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| 1 cup egg white (average is eleven egg whites) | 1 teaspoon cream of tartar |
| 1 cup fine granulated sugar | $\frac{1}{4}$ teaspoon salt |
| $\frac{3}{4}$ cup cake flour (sifted 3 times before measuring) | $\frac{3}{4}$ teaspoon vanilla |

Add salt and beat egg white on large platter using flat wire whip. When foamy, add cream of tartar and beat with long steady strokes until mass is stiff and will form in heaps and ridges. Sift over the sugar, folding it in (not beating). Then sift over flour, folding it in gently. Place batter in unoled angel cake pan keeping batter slightly higher at rim. Bake at 310 degrees F. for about one hour. Invert in pan on wire rack until cold.

Golden Angel Food

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|---|----------------------------|
| 9 egg yolks | $\frac{1}{2}$ cup water |
| 1 cup sugar | 1 teaspoon baking powder |
| $1\frac{3}{4}$ cups cake flour (sifted once before measuring) | 1 teaspoon lemon flavoring |
| | 1 teaspoon vanilla |

Sift the flour and baking powder four times. Beat yolks until light and lemon colored, add sugar slowly, then the water and flour alternately. Add flavoring and bake in an ungreased angel food tin in a slow oven (300 degrees F.) for one hour.

Chocolate Sponge Drops

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| 3 egg yolks | $\frac{3}{4}$ cup pastry flour, sifted with 1 tea- |
| $\frac{1}{2}$ cup sugar | spoon baking powder |
| $\frac{1}{4}$ cup boiling water | $\frac{1}{2}$ teaspoon salt |
| 1 teaspoon vanilla | 2 tablespoons cocoa |

Beat egg yolks, gradually adding sugar. Continue beating until sugar is dissolved and eggs are lemon colored and thick. Gradually add boiling water and flavoring, mixing thoroughly. Fold in sifted dry ingredients. Drop by spoonfuls on ungreased cookie sheets and bake 15 minutes at 375 degrees F. Ice lightly with chocolate icing.

Maple-Sugar Cake

$\frac{1}{2}$ cup butter
 $1\frac{1}{4}$ cups maple sugar
 4 tablespoons cornstarch
 $\frac{1}{2}$ cup milk

$1\frac{1}{4}$ teaspoons vanilla
 4 egg whites
 $1\frac{1}{2}$ cups flour

Cream the butter and the sugar. Mix and sift the cornstarch and the flour several times and add this, alternately with the milk, to the creamed butter and sugar. Add the vanilla, then fold in the stiffly beaten egg whites. Pour the batter into a greased loaf-cake tin and bake in a moderate oven. Cover with any desired icing.

Maple-Sugar Frosting

2 cups maple sugar
 2 egg whites

$\frac{1}{2}$ cup boiling water

Make a syrup of the maple sugar and the water and boil it to the soft-ball stage (238 degrees F.); remove the syrup from the fire, and while the syrup is cooling, beat the egg whites stiff. Then pour the syrup in a thin stream over the whites, beating the mixture until it is thick enough to spread. A rough surface may be obtained by spreading the top of the cake with the back of a spoon before the frosting is set.

Maple-marshmallow Frosting

1 cup maple sugar
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{2}$ lb. marshmallows

$\frac{1}{2}$ teaspoon vanilla
 2 egg whites

Cook the sugar and the water together, stirring until the sugar is dissolved; then cook without stirring to the soft-ball stage (238 degrees F.). Cut the marshmallows into small pieces and press them under the syrup to melt. Remove the syrup from the fire, and while the marshmallows are melting, beat the egg whites stiff. Pour the syrup in a thin stream over the stiffly beaten egg whites, beating constantly. Add vanilla. Cool before spreading.

Honey Frosting

1 cup honey

2 egg whites

Boil the honey for about ten minutes (at about 238 degrees F.); remove the honey from the fire, and while it is cooling, beat the egg whites stiff. Then pour the honey in a thin stream over the whites, beating the mixture constantly until it is thick enough to spread. Cool the frosting before spreading.

Butter Cream Frosting

4 tablespoons butter
 1 egg yolk

2 cups confectioners' sugar
 1 teaspoon vanilla

Cream butter, add egg yolk and beat thoroughly. Add gradually the sugar and the flavoring. This amount of icing makes about 18 graham cracker "sandwiches" if a rounded tablespoonful of icing is allowed for each sandwich. If desired, one square of melted chocolate may be added.

Orange Frosting

1 tablespoon grated orange rind
 1 tablespoon orange juice
 1 tablespoon lemon juice

1 egg yolk
 1 cup confectioners' sugar
 pinch of salt

Combine all ingredients well and beat until thick enough to spread.

Lemon Cheese Cakes

Melt $\frac{1}{2}$ cup butter in a double boiler, add 2 cups granulated sugar, 6 eggs, well beaten, and the grated rind and juice of 3 lemons. Stir until it is the consistency of thick cream. Line patty tins or shallow gem pans with a light crust, rolled very thin. Fill with lemon cheese and bake in a fairly quick oven.

The lemon cheese may be poured into glasses and sealed. It will keep good for months, and makes a fine spread for thin slices of bread or wafers. (Old English recipe.)

Fattigmand Bakkelse

6 eggs, leaving out the whites of 2	1 teaspoon cardamon (powdered)
1 Tablespoon of sugar for each egg	flour
1 tablespoon thick cream for each egg	

Beat the eggs with the sugar $\frac{1}{2}$ hour. Add cream and cardamon. Add flour enough to make a soft dough that can be rolled thin on a moulding board. Cut into fancy shapes with a cooky cutter and fry in deep fat until light brown. When cold, dip in powdered sugar. (Norwegian recipe.)

Custard Fruit Pie

1 pastry shell, baked	2 cups milk
3 eggs	2 cups halved sweetened strawberries
$\frac{1}{2}$ cup sugar	or other fruit
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ cup whipping cream

Scald milk in double boiler. Beat eggs slightly, add sugar and salt, and add gradually to milk, stirring constantly. Add the fruit and pour into pastry shell and bake 30 minutes in slow oven. Just before serving spread whipped cream over the top of pie.

Cheese Pudding

1 cup stale bread crumbs	2 tablespoons melted fat
1 cup grated cheese	$\frac{1}{4}$ teaspoon mustard
2 cups milk	salt
2 eggs, beaten	paprika

Mix the ingredients as for custard and turn the mixture into a greased baking dish. Set the dish in a pan of hot water in a moderate oven and bake the pudding until it is firm.

Soft Custard

Soft custard may be used in many different desserts, either as a sauce or as the foundation of the dessert itself.

1 cup milk	$\frac{1}{4}$ teaspoon vanilla
1 tablespoon sugar	salt
1 egg yolk	

Heat the milk, add the sugar and pour the mixture slowly over the beaten egg yolk. Cook the custard in a double boiler, stirring it constantly until it coats a spoon.

The water in the lower part of the boiler should not reach the boiling point, as overheating will cause the custard to curdle.

Fruit Soufflé

1 cup fruit pulp
sugar

3 egg whites
salt

Any kind of fruit, either fresh or preserved may be used. When canned fruit is used, drain from syrup before proceeding further. Put the fruit pulp through a sieve, add a pinch of salt, sweeten if necessary and heat. Fold the stiffly beaten whites of the eggs into the hot fruit pulp. Fill a greased baking dish or small moulds three-fourths full. Set in a pan of hot water and bake until the mixture is firm. Serve with whipped cream or a soft custard.

Prune Soufflé

12 large prunes
3 egg whites

2 tablespoons powdered
sugar

Soak the prunes overnight and stew them in the same water until tender. Remove the stones and mash to a smooth pulp. Beat the egg whites until stiff, fold in the sugar and the prune pulp. Turn into a greased baking dish and bake in a slow oven for about 20 minutes. Serve at once with cream, soft custard, or any desired sauce.

Apple Snow

$\frac{3}{4}$ cup sour apple pulp
sugar

lemon juice
3 egg whites

Pare, quarter and steam enough apples to make the required amount of apple pulp. Press through a sieve. Add sugar and lemon juice to taste, and fold in the stiffly beaten egg whites very gradually. Pile on a glass dish, chill and serve with custard sauce or cream. Other fruits may be used in the same way. Fresh fruit pulp may be used by grating fresh fruit and covering it at once with lemon juice to prevent discoloring.

Fried Cakes

1 teaspoon butter
1 cup sugar
9 egg yolks
1 cup milk
4 teaspoons baking powder

$\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon grated nutmeg
 $1\frac{1}{2}$ teaspoons salt
 $3\frac{1}{2}$ cups flour

Warm butter and add half the sugar. Beat until creamy. Add remaining sugar to well-beaten egg yolks and combine mixtures. Add milk alternately with the flour which has been mixed and sifted with baking powder, salt and spices; more flour will probably need to be added to make dough stiff enough to roll. Cut and cook in deep fat.

German Hot Slaw

One small head cabbage, shredded very fine. Put in saucepan with 2 tablespoons water, stir frequently, cook till tender, drain. Make following dressing:

2 eggs well beaten
 $\frac{1}{3}$ cup vinegar
 $\frac{2}{3}$ cup milk

1 tablespoon butter
2 tablespoons sugar
salt and pepper to taste

Combine ingredients, beating well. Turn over the cabbage and cook until dressing thickens.

Boiled Eggs

Remember that eggs need to be cooked at a low temperature; extreme heat toughens the white in eggs and causes them to be rubbery, or leathery. Use $1\frac{1}{2}$ cups water to each egg. Heat water to boiling point. Add the fresh eggs to the water and place dish in warm place where temperature falls slowly. Ten minutes will give a soft cooked egg. Twenty minutes will give a medium hard egg. Forty-five will make the egg firm but not tough. Drop in cold water to shell easily.

Eggs Mollet. The eggs in the shell are first cooked as for soft boiled egg, cooled, carefully shelled and placed in cold water until needed. Before using them, warm gently in the water.

Eggs Duchesse. Serve eggs mollet on flat oval shaped potato croquettes and pour over a cream sauce. Garnish with asparagus tips.

Eggs Mollet with Spinach. Cook fresh spinach in waterless cooker five minutes. Chop it, mix it with cream and season with salt. Form it as a bed on which the eggs mollet are placed and surround with brown gravy.

Egg Barcelona. Cut tomatoes in half. Broil in pan in oven and serve an egg mollet on each. Garnish with shredded green pepper lightly cooked in butter.

Eggs in Tomato Baskets. Cut the tomato in halves, remove the seeds. Season with salt, pepper and bits of butter, and bake in the oven. Fill with any flaked fish—crab, lobster, tuna, salmon—cooked in cream. Put the eggs mollet on top and cover with a cream sauce.

Scotch Eggs. Use 2 hard boiled eggs, $\frac{1}{2}$ pound uncooked sausage, and bread crumbs.

Remove shells from eggs. Divide meat into 2 parts, place an egg in each part and mold sausage evenly over eggs. Roll in beaten egg, then bread crumbs. Fry in deep fat. Brown as doughnuts. Drain, then cut in halves. Serve surrounded by tomato sauce. (Equally good served on squares of toast.)

Scalloped Eggs

Make a white sauce of 2 cups milk, $\frac{1}{4}$ cup sifted flour, $\frac{1}{4}$ cup butter, 1 teaspoon salt, and $\frac{1}{8}$ teaspoon pepper. Then add one tablespoon each of chopped parsley, pimiento, celery, onion, and green pepper and one cup of mushrooms which have been heated five minutes in one tablespoon butter. Pour this mixture over eight hard boiled eggs and place in a buttered baking dish. Cover with buttered cracker or bread crumbs. Bake until thoroughly heated and brown on top.

Orange Omelet

(Serves six to eight)

6 egg whites	2 tablespoons lemon juice
$\frac{1}{4}$ teaspoon salt	4 tablespoons orange juice
6 egg yolks	$\frac{1}{2}$ teaspoon grated orange peel
2 tablespoon sugar	4 tablespoons butter

Beat the whites and salt until stiff. Beat the yolks until thick with the sugar and fruit juices. Fold these into the whites, one-third at a time, so as to retain the air. Melt the butter in a large omelet pan. Pour in the omelet mixture and put in a slow oven for 20 minutes. Fold on platter. Serve at once.

Hollandaise Sauce

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|-----------------------------------|---------------------------------|
| 1 cup butter ($\frac{1}{2}$ lb.) | $\frac{1}{2}$ teaspoon salt |
| 4 egg yolks | $\frac{1}{4}$ teaspoon cayenne |
| 2 tablespoons lemon juice | $\frac{1}{3}$ cup boiling water |

Warm butter, add yolks of eggs one at a time, beating thoroughly after each is added until mixture is thickened. Add lemon juice, salt and cayenne, place in double boiler. Add water. Beat with a rotary beater until thickened. Serve over poached eggs.

ENGLISH EGG RECIPES

(From pamphlet issued by Ministry of Agriculture and Fisheries, London, England)

Scalloped Eggs and Onion

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| 4 eggs | 1 oz. butter or salad oil |
| 1 large Spanish onion | seasoning |
| 4 tablespoons milk | parsley |

Peel and slice onion and fry a golden brown. Grease dish with oil or butter. Place onion in dish. Beat eggs and milk together, pour over onion. Bake in slow oven until set and decorate with chopped parsley.

Egg Chartras

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| 4 eggs | 3 tablespoons stock |
| 4 round pieces of bread | 1 teaspoon glaze |
| 4 rounds of tongue or ham | 2 ozs. butter |

Fry bread in butter. Cut ham same size as bread and heat in stock. Place each on piece of bread. Poach eggs and place on ham. Garnish with parsley and pour round heated glaze and stock.

Savoury Egg

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| 3 eggs | chopped parsley |
| 3 ozs. butter | salt and pepper |
| 1 small grated onion | |

Beat eggs thoroughly, add pepper, salt, onion and parsley. Heat butter in pan, pour in mixture, stir until it thickens. Serve on buttered toast.

Bread and Butter Savoury

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| 4 eggs | 6 ozs. cheese (grated) |
| slices of bread and butter | seasoning |
| 1 quart milk | |

Place alternate layers of bread and butter and grated cheese and seasoning in a greased pie dish. Have cheese on top layer. Beat eggs in milk, pour over the bread and bake for 30 minutes.

Egg Puff Sandwich

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|-----------------|--------------------------|
| yolks of 2 eggs | 3 ozs. grated cheese |
| white of 1 egg | salt, pepper and cayenne |
| 2 ozs. butter | puff pastry |

Roll the puff pastry out thinly and cut in half. Beat the eggs, add cheese and melted butter and seasoning. Place mixture on one piece of pastry and cover with the other. Cut in rounds with pastry cutter. Brush with egg and bake in hot oven for 10 or 15 minutes.

Baked Lemon Pudding

3 eggs	$\frac{1}{4}$ pint milk
3 ozs. granulated sugar	2 ozs. cake crumbs
2 lemons (grated rind and juice)	pastry

Mix lemon rind and juice with sugar, yolks of eggs, milk and cake crumbs. Whisk whites stiffly and fold into mixture. Line a pie dish with pastry, place mixture in dish and bake in moderate oven for 30 minutes.

Cream Dressing

yolks of 2 eggs	pepper
1 tablespoon sugar	2 tablespoons vinegar
$\frac{1}{2}$ teaspoon salt	1 oz. butter
1 teaspoon mustard	1 cup cream

Melt butter, add to beaten yolks, add sugar and seasoning and vinegar; cook in double pan, stirring until thick, allow to cool. Beat cream stiffly and stir in before serving.

An egg a day, like an apple a day
May keep the doctor well at bay,
With its iron and protein and vitamins three,
For there's A and B and the sunshine D.

An egg a day for all over two,
With a yolk a day for Baby Sue,
Will build muscle and bone and red blood too,
And what more could we ask one food to do!

